



Subaru U.S. Women's Triathlon Returns To Federal Way, Washington

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Riding the wave of the wildly popular sport of triathlon, the Subaru U.S. Women's Triathlon returns to Steel Lake in Federal Way, Washington on September 10, 2006.

PR9.NET August 28, 2006 - Federal Way, Washington--Over 1000 athletes of all abilities and thousands more spectators are anticipated for the race, which offers athletes a choice of two different distances: The Sprint Competition (.75k swim, 19.5k bike, and 6.5k run, completed as an individual or relay team), and the SuperSprint Competition (.375k swim, 13k bike, and 3.4k run). For the metric-system challenged, those distances equate to a .46 mile swim, 12 mile bike, 4 mile run for the Sprint and .23 mile swim, 8 mile bike, 2.1 mile run for the SuperSprint.

The Federal Way event is the third of a four-race series that includes competitions in St. Petersburg, Chicago, and San Diego.

Festivities in Federal Way kick off on September 9th at 10am with the Multisport Experience at Steel Lake Park, where competitors have the chance to register for the race, enter sweepstakes, and find deals on athletic clothing, equipment, and apparel. Beginning athletes will appreciate the clinics and talks that are designed to help better understand triathlon basics and discuss course details.

Race day commences at 7am on September 10th with waves of athletes starting the swim 3 to 5 minutes apart from one another. The bike course then takes competitors through the rolling hills surrounding the park and the Weyerhaeuser Corporate Campus before heading back to the park. Athletes finish the race with a run around Steel Lake. While the race is underway, roads in the neighborhoods in the immediate vicinity of Steel Lake Park may have limited access (one lane open) or may be closed to all traffic except during an emergency.

A portion of the proceeds from the Subaru U.S. Women's Triathlon Series will benefit The Ovarian Cancer Research Fund, Inc. (OCRF), which is devoted to the formulation of early diagnostic treatment programs and research toward the ultimate conquest of ovarian cancer.

For more information on the Subaru U.S. Women's Triathlon Series, including how and where to register or to volunteer at the event, please call 800-509-5525 or visit www.uswts.com.

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